

## Patient Information

### Five food groups



#### Proteins

Fish and shellfish, cheese, all meats, as well as plant proteins and pulses.



#### Vegetables

A vital source of vitamins, minerals and fibre. Vegetables should be a major part of your diet.



#### Breads, Cereals, Pasta and Potatoes

The foods in this group are a valuable source of carbohydrates.



#### Fruits

Packed with essential nutrients, fruits provide a good source of carbohydrates, fibre, vitamins and photochemicals.



#### Dairy Foods

Milk and dairy products are an important source of protein, vitamins and minerals, especially calcium.

**Include all these food groups in your daily diet. Aim for at least five portions of fruit and vegetables a day, and try**

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**to drink six to eight glasses of water a day.**

### Meals and snacks

As you get older it is important to concentrate on maintaining your muscles and preventing unwanted weight loss. Therefore you should make sure you have access to meals and snacks that taste good, are easy to chew and swallow, and help you feel good on a daily basis.

Keep tins of warming soups, tins of oily fish like tuna, salmon, pilchards etc. Cans of baked beans are a great source of fibre and really quick to cook as well. Tins of fruit are convenient. Frozen microwave meals are good because they require no preparation and little washing up.

### Snack ideas



Home made or from a can, hearty soups like this provide a great source of vitamins, minerals, proteins and fibre.



Eggs!! Boiled, poached, scrambled or fried in a little olive oil, or made into an omelette. Simple and quick to prepare but extremely nutritious.

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Chopped up fruit with a little yoghurt makes a dessert which is tasty and rich in fibre and calcium.

Cooking for one may seem like a bit of a pointless task but these days there are so many good convenience foods, fresh vegetables in little packs just for one, tinned everyday things like vegetables and fruit. You really can't go wrong. For more ideas ask your GP, nurse or carer for further advice and support.

### Problems with food and drink

Supermarkets cater for a variety of dietary requirements. They offer most products in a sugar free alternative for diabetics, and lots of gluten/dairy/wheat/nut free products are becoming available.

### Dentures

Badly fitting dentures is the most common cause of eating problems for older people. Don't be embarrassed if this is a problem as many others are exactly the same. Sometimes this problem doesn't necessarily mean a trip to the dentist, as there are many adhesives for dentures that can be tried. It is recommended that you see your dentist

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regularly especially if **your diet is being affected by your teeth.**

### Special equipment

If you sometimes have difficulties at meal times with feeding yourself and are interested in special aids to maintain your independence there are plenty to choose from such as non-slip place mats and heated plates to keep your food warm. If you need some further information, speak to a nurse or occupational therapist whilst in hospital, or your GP, district nurse or carer at home for advice.

### Useful Numbers

#### Nutrition Society

10 Cambridge Court  
210 Shepherds Bush Road  
London W6 7NY  
020 7602 0288

#### Diabetes UK Eastern region

Ground Floor  
8 Atlantic Square  
Station Road  
Witham  
Essex CM8 2TL  
01376 501390

#### Allergy UK Helpline

01322 619898

## Patient Information

Please ask if you require this information in other languages, large print or audio format: 01223 216032 or

[patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

若你需要本信息的繁體中文、大字體或音訊格式的版本，請要求索取。

### Cantonese

नमने आ मांडिती श्रीछ भाषाओमां, मोटा अक्षरोमां अथवा सांबली शक्य अेवा माध्यम (ओडीओ डॉकमेंट)मां अेठनी छेय तो कृपा करीने पृछी.

### Gujarati

Potete chiedere di ottenere queste informazioni in altre lingue, in stampato grande o in audiocassette.

### Italian

کتایه برسبار بکه نه گهر نهوزانیاریهت دهوی به زمانیکی تر . به پیش گهورد پانیش به شیوهی دهنگ

### Kurdish

آر آپ کو یہ معلومات دہری زبانوں میں، بڑے الفاظ کی اشاعت میں یا آڈیو ٹیپ پر درکار ہوں تو براے مہربانی اس کیلئے درخواست کریں۔

### Urdu

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# Medicine for the Elderly

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# Nutrition for life

